繁體中文

恢復核心

調酒師夥伴手冊

25 □□□□□□□□□□□□□□□□

風格化在地化樣張

每一家酒吧都會接待不喝酒、不適合喝酒，或不想解釋原因的人。這本指南為他們提供體面、成熟，而且適合一般吧台流程的飲品。

色彩保留原稿的溫度，同時為此地區採用更內斂的出版級配色。

在地化調整	公制酒吧單位 (ml)
菜單語氣	克制、成熟、直接
配色	#8B0000 / #C7A252

為什麼會有這本指南

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快速參考 - 樣張節選

飲品	類型	機制
The Warrior	COMT Val/Val — Warrior	多巴胺清除過快・基線獎賞偏低・更容易尋求刺激
The Sparky	COMT Val/Val — Warrior	多巴胺見底・追求新奇・刺激不足
Shock Rock	COMT Val/Val — Warrior	多巴胺受體密度・RDS 輪廓・需要更強刺激
Mission Fuel	COMT Val/Val — Warrior	補充多巴胺前體・持續專注・不崩盤

本次樣張涵蓋封面語言、快速參考表，以及一張完整配方卡，同時盡量保留原稿的結構與溫度。

01. The Warrior

強度高。獎勵感真實。不崩掉。

COMT Val/Val - Warrior | □□□□□□□ - □□□□□□ - □□□□□□□

杯型	海波杯
冰量	滿杯冰
材料	• 酸櫻桃汁 60 ml • 綠茶 30 ml (冷萃或放涼) • 新鮮青檸汁 22.5 ml • 蜂蜜糖漿 15 ml • 安格仕苦精 2 dash • 加滿蘇打水
作法	在冰上直接構建。加入櫻桃、茶、青檸、蜂蜜和苦精。加滿蘇打水後輕攪一次。
裝飾	青檸輪片與糖漬櫻桃
作用邏輯	酸櫻桃提供褪黑激素前驅物與花青素，有助於緩衝氧化壓力。綠茶提供 L-茶胺酸，帶來平靜而清醒的專注感，不會過度鎮靜。苦精刺激苦味受體，也可能幫助消化與吸收。
服務說明	保留 ml 配方，並在正式出版前確認當地對 bitters 的稱呼與採購習慣。
用藥提示	西柚提示：含西柚的飲品可能影響某些藥物代謝。面向長期服藥客人時，應保留清晰可見的提示。

擴充速查 — 全部 25 款飲品

這一版在保留封面、本地化風格與 The Warrior 詳細配方頁的基礎上，將樣本擴充為更完整的酒吧參考冊。

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The Warrior	COMT Val/Val — Warrior	多巴胺清除過快・基線獎賞偏低・更容易尋求刺激
The Sparky	COMT Val/Val — Warrior	多巴胺見底・追求新奇・刺激不足
Shock Rock	COMT Val/Val — Warrior	多巴胺受體密度・RDS 輪廓・需要更強刺激
Mission Fuel	COMT Val/Val — Warrior	補充多巴胺前體・持續專注・不崩盤
The Architect	COMT Met/Met — Worrier	多巴胺清除較慢・焦慮累積・過度刺激
The Sage	COMT Met/Met — Worrier	GABA 支持・甲基化・清除壓力化學物
The Still	COMT Met/Met — Worrier	皮質醇調節・HPA 軸支持・睡眠結構
The Folate	MTHFR 變異 — Depleted	甲基化瓶頸・神經傳導物質供應不足・同半胱胺酸累積
The Methyl	MTHFR 變異	SAMe 前體・B 群維生素支持・神經傳導物質合成
The B Complex	MTHFR 變異	B 群維生素輔因子・血清素與多巴胺合成・能量代謝
The Algorithm	獎賞缺乏症候群	D2 受體密度・多巴胺基線・快感缺失
The Dopamine	RDS	補充多巴胺前體・酪胺酸可用性・獎賞迴路支持
Norm	RDS	張力性多巴胺・動機基線・快感缺失管理
The Serotonin	血清素不足	色胺酸可用性・血清素前體補充・情緒底盤
The Ground	驚恐狀態	HPA 軸調節・GABA 支持・降低皮質醇
The Metabolizer	CYP2D6 低代謝型	解毒支持・降低肝臟負擔・管理敏感性
The Burner	CYP2D6 超快速代謝型	持續訊號・抗耐受支持・受體敏感性
The Garden	腸腦軸	微生物群支持・腸源性血清素・降低發炎
The Patch	物質使用後的腸道損傷	腸道完整性・營養吸收・發炎負荷
The Restoration	睡眠結構失調	褪黑激素前體・GABA 支持・夜間降低 HPA 軸
The Downshift	高皮質醇	腎上腺恢復・清除皮質醇・管理多巴胺反彈
The Civilian	社交環境適應	催產素支持・社交舒適感・苯乙胺（社會連結）
Alexa	社交焦慮	血清素可用性・社交更輕鬆・社交負荷下的壓力反應
Siri	催產素支持	社會連結・催產素路徑・戒斷後的孤立
The Protocol	綜合型	全譜支持・MTHFR + COMT + 腸道 + 睡眠 + 社交

[準確][擴充][冊保][始速][術語]

深綠。深靜。不必硬撐。

COMT Met/Met — Worrier | GABA 支持・甲基化・清除壓力化學物

當焦慮像是穿破地板。

驚恐狀態 | HPA 軸調節・GABA 支持・降低皮質醇

最後一杯。也是最好的一杯。

睡眠結構失調 | 褪黑激素前體・GABA 支持・夜間降低 HPA 軸

Added recipe pages

Pass 10

05. The Architect

Calm the Signal. Clear the Queue.

PROFILE COMT Met/Met — Worrier	**TARGETS** Slow dopamine clearance · Anxiety accumulation · Overstimulation
GLASS: Rocks glass	ICE: Large cube

INGREDIENTS

- 2 oz strong cold green tea
- ¾ oz fresh lemon juice
- ½ oz honey syrup
- 2 dashes Peychaud's bitters
- Top with soda water
- Cucumber slice muddled

METHOD

Muddle cucumber. Add tea, lemon, honey, bitters over ice. Top soda water. Do not shake — stir only.

GARNISH: Cucumber ribbon + lemon wheel

HOW IT WORKS

Green tea is the primary L-theanine delivery vehicle at a bar — L-theanine increases alpha brain wave activity, directly counteracting the stress-chemical accumulation of the Worrier profile. Cucumber contributes a cooling, low-stimulation frame, and the deliberate stir-not-shake method keeps the whole build gentle.

BARTENDER'S NOTE

The deliberate low-stimulation preparation is part of the experience. No shaker, no drama. This drink is built to feel like everything is already fine.

07. The Still

When the World Is Too Loud.

PROFILE COMT Met/Met — Worrier · Anxiety profile	**TARGETS** Cortisol regulation · HPA axis support · Sleep architecture
GLASS: Lowball / rocks	ICE: Single large cube

INGREDIENTS

- 2 oz tart cherry juice

METHOD

Stir all over large cube. Add tiny soda splash last.

- 1 oz chamomile tea (cooled, strong)
- ½ oz honey
- 3 dashes Angostura bitters
- Splash soda water

Do not shake.

GARNISH: Dried rosemary sprig pressed to glass

HOW IT WORKS

Tart cherry juice provides melatonin precursors, while chamomile brings apigenin, a flavonoid associated with gentle calming support. Angostura bitters add a bitter backbone that keeps the drink from reading as juice and supports the slow, evening feel of the build.

BARTENDER'S NOTE

This is a slow-sipping drink. Pour it without rush. The rosemary garnish is pressed, not floated — the aromatic is part of the experience, not decoration.

18. The Garden

Heal the Belly. The Mind Will Follow.

PROFILE Gut-brain axis · Post-substance gut damage · Serotonin production site

TARGETS Microbiome support · Gut-derived serotonin · Inflammation reduction

GLASS: Highball

ICE: Full ice

INGREDIENTS

- 3 oz ginger beer (high-quality, live culture)
- 1 oz pineapple juice
- ¾ oz lime juice
- ½ oz honey
- 4 fresh mint leaves
- Top with soda water

METHOD

Muddle mint lightly. Build pineapple, lime, honey over ice. Top ginger beer, then soda water.

GARNISH: Mint sprig + crystallized ginger if available

HOW IT WORKS

Real ginger beer and mint give this page its identity: a bright, digestive profile with cooling lift. Pineapple and honey round the drink and help it feel like a real menu item rather than a wellness shot. It reads social, but the structure is built around gut-first support.

BARTENDER'S NOTE

Quality ginger beer matters here — look for bottles with real ginger character, not flat ginger flavoring. The drink should taste alive.

杯型	柯林杯
冰量	加滿冰
材料	• 60 ml 鮮榨蘋果汁 • 22.5 ml 新鮮青檸汁 • 4 新鮮薄荷葉 • 15 ml 龍舌蘭糖漿 • 2 dashes 芹菜苦精 • 加滿薑汁汽水
作法	輕輕壓一下薄荷。加冰後依序加入蘋果汁、萊姆汁、龍舌蘭糖漿與苦精，再加滿薑汁汽水並輕輕攪拌。
裝飾	新鮮薄荷枝和蘋果扇片
作用邏輯	GABA 支持・甲基化・清除壓力化學物
服務說明	保留 ml 配方，並在正式出版前確認當地對 bitters 的稱呼與採購習慣。
用藥提示	此配方不涉及葡萄柚與藥物的特別提示。

15. The Ground

杯型	古典杯 / 岩石杯
冰量	一大塊冰
材料	• 60 ml 冷卻濃洋甘菊茶 • 30 ml 蘋果汁 • 22.5 ml 檸檬汁 • 15 ml 蜂蜜 • 3 dashes 佩紹苦精 • 少許海鹽
作法	所有材料在一大塊冰上攪拌。不要搖盪。立即上桌。
裝飾	杯沿壓上乾薰衣草（如有）或僅用檸檬皮扭
作用邏輯	HPA 軸調節・GABA 支持・降低皮質醇

服務說明	保留 ml 配方，並在正式出版前確認當地對 bitters 的稱呼與採購習慣。
用藥提示	此配方不涉及葡萄柚與藥物的特別提示。

20. The Restoration

杯型	淺口雞尾酒杯或古典杯
冰量	一塊冰；若熱飲則不加冰
材料	• 90 ml 無糖酸櫻桃汁 • 30 ml 濃洋甘菊茶（已冷卻） • 15 ml 蜂蜜 • 2 dashes 安格仕苦精 • 熱飲版本：做成熱托迪風格，不放櫻桃，並多加一點蜂蜜
作法	在一塊冰上攪拌，或於杯中加熱。不要搖盪。
裝飾	可用乾洋甘菊花，或檸檬圓片
作用邏輯	褪黑激素前體・GABA 支持・夜間降低 HPA 軸
服務說明	保留 ml 配方，並在正式出版前確認當地對 bitters 的稱呼與採購習慣。
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THE RECOVERY KERNEL

Bartender’s Friend

新增配方頁

第 11 版・ZH-Hant

Companion booklet for the next three recipe builds.

19. The Patch

The Gut-Brain Patch. Applied Orally.

Post-substance gut damage · MTHFR variant · Malabsorption | Intestinal integrity · Nutrient absorption · Inflammation load

□□	Rocks
□□	Full ice
□□	• 60 ml fresh ginger juice or strong ginger syrup • 30 ml lemon juice • 30 ml apple juice • 15 ml honey • 3 dashes Angostura bitters • Top with soda water
□□	Build over ice. Ginger, lemon, apple, honey, bitters. Top soda. Serve immediately.
□□	Crystallized ginger on pick + lemon wheel

□□□□

Gingerols and shogaols in real ginger directly stimulate digestive motility and reduce intestinal inflammation through COX-2 inhibition — the same pathway targeted by ibuprofen, but without GI damage. Apple juice provides pectin, a prebiotic fiber that selectively feeds Lactobacillus and Bifidobacterium strains. Angostura bitters' bitter compounds stimulate gastric acid and bile production, improving breakdown and absorption of the very nutrients the recovering brain needs.

□□□□

This is the advanced ginger shot for people who want the gut support without the full garden. It's sharp, spicy, and self-evidently medicinal. Own it.

□ The gut lining after years of heavy use looks like a clear-cut forest. Gingerols are the ground cover that comes back first. Pectin is the reforestation project.

21. The Downshift

Decelerate. Not Crash. There's a Difference.

Cortisol high · Post-stim state · Stimulant recovery | Adrenal recovery · Cortisol clearance · Dopamine rebound management

□□	Highball
□□	Full ice
□□	• 60 ml cold chamomile or lavender tea • 30 ml coconut water • 22 ml fresh lemon • 15 ml honey • Splash of soda water • Fresh rosemary sprig
□□	Lightly bruise rosemary. Build over ice: tea, coconut water, lemon, honey. Splash soda. Rosemary garnish.
□□	Rosemary sprig + lemon twist

□□□□

Coconut water is the best natural electrolyte replacement available at a bar — sodium, potassium, and magnesium in bioavailable ratios. Electrolyte depletion is universal after high-cortisol periods and is one of the primary drivers of the post-stimulant crash. Rosemary contains rosmarinic acid (GABA-adjacent) and carnosic acid, a potent neuroprotective antioxidant that specifically protects dopamine neurons from the oxidative stress of the rebound period.

□□□□

The rosemary is structural here, not just visual. Bruise the sprig so the oils release into the drink. The rosemary aroma also activates the olfactory-memory pathway — grounding and orienting.

□ The stimulant crash is not about the substance leaving. It's about the oxidative damage to dopamine neurons in its wake. Carnosic acid in the rosemary is there specifically for that.

22. The Civilian

Looks Like a Drink. Is a Drink. That's All Anyone Needs to Know.

Social environment navigation · Sober social pressure management | Oxytocin support · Social comfort · Phenylethylamine (social bonding)

□□	Rocks or coupe — your call
□□	Your preference
□□	• 60 ml cranberry juice • 30 ml orange juice • 22 ml lime juice • 15 ml simple syrup • Top with soda water • Orange bitters 2 dashes
□□	Build over ice or shake and strain. Either works. Serve how you like it.
□□	Orange wheel or nothing — fully optional

□□□□

The Civilian is designed to look exactly like a cocktail in any social setting. The cranberry-orange-lime combination is indistinguishable from a cosmopolitan-adjacent drink. The psychological support for sober social navigation comes from the confidence of holding something that requires no explanation. Orange bitters' gentle bittering element also stimulates the bitter taste receptors that activate parasympathetic (calm) nervous system tone, reducing social anxiety.

□□□□

Serve this like you'd serve any drink. No commentary, no health explanation. The guest ordered a Civilian. You made them a Civilian. That's the transaction.

□ The most powerful thing about the Civilian is the conversation it doesn't require. Sometimes the protocol is social camouflage. The nervous system recovers in peace.

Supplement Continuation

Alexa · Siri · The Protocol

THE RECOVERY KERNEL

Bartender’s Friend

□□□□□

□ 11 □ · ZH-Hant

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THE RECOVERY KERNEL

Bartender’s Friend

新增配方頁面

Pass 12 · ZH-Hant

接下來三頁配方頁的配套小冊。

Alexa

□□□□□□□□□□

類型 Social anxiety · Serotonin transport variant · SLC6A4　目標 Serotonin availability · Social ease · Stress-reactivity under social load

杯型: Highball　冰: Full ice

配料:

- 60 mL blue butterfly pea tea (or substitute with blueberry juice)
- 30 mL lemon juice
- 15 mL honey syrup
- 2 dashes lavender bitters (or Peychaud’s)
- Top with tonic water

做法: Build over ice. Tea (it turns purple with lemon), honey, bitters. Top tonic. Watch the color shift.

裝飾: Lemon wheel + edible flower if available

作用機制

Blue butterfly pea tea (or blueberry juice) provides anthocyanins that cross the blood-brain barrier and activate the BDNF pathway — brain-derived neurotrophic factor, the compound that supports neuroplasticity and the formation of new behavioral patterns. The color shift from blue to purple when lemon juice is added is a pH reaction — visually interesting, conversation-generating, and entirely appropriate for the social anxiety profile that needs an ice-breaker built into the drink itself.

酒吧備註

If the bar has butterfly pea tea (many craft bars do), the color shift is genuinely magical and a guaranteed conversation piece. If not, blueberry juice works and is equally functional.

□ BDNF is how the brain builds new roads. Anthocyanins are the road-building crews. The person ordered Alexa because they want the new roads. Give them the ingredients.

Siri

□□□□□□□□□□□□□□

類型 Oxytocin support · Post-isolation social re-entry　目標 Social bonding · Oxytocin pathway · Post-withdrawal isolation

杯型: Coupe　冰: Up — chilled coupe

配料:

- 60 mL fresh watermelon juice (or pomegranate if out of season)
- 22 mL lime juice
- 15 mL honey
- 2 dashes Peychaud’s bitters
- Splash of grapefruit juice
- Shake hard

做法: Shake all with ice. Double strain into chilled coupe. Serve up.

裝飾: Dehydrated lime wheel + expressed grapefruit peel

作用機制

Watermelon contains L-citrulline, an amino acid that converts to L-arginine in the kidney, which then supports nitric oxide production — a signaling molecule that facilitates social bonding pathways and oxytocin release. Pomegranate (off-season substitute) provides punicalagins which have documented effects on cortisol reduction in social stressor studies. The elegant coupe presentation supports the social function of the drink: this is for the person re-entering the social world after isolation.

酒吧備註

This is the most beautiful drink on the list. The deep pink-red color in a chilled coupe. Serve it with the confidence of a cocktail you're proud of. Because you are.

□ The Isolation Algorithm (Protocol 16, Protocol 25) is about rebuilding the social neural pathways that went dark. L-citrulline is a tiny biological nudge in that same direction. The beautiful glass is the rest of the protocol.

The Protocol

□□□□□□□□□□□□□□□

類型 Comprehensive · Daily maintenance · All profiles　目標 Full-spectrum support · MTHFR + COMT + Gut + Sleep + Social

杯型: Your best glass　冰: Your preference

配料:

- 60 mL pomegranate juice
- 30 mL green tea (cold brew)
- 22 mL lemon juice
- 15 mL honey
- 2 dashes Angostura bitters
- Splash ginger beer
- Top with soda water

做法: Build over ice. Pomegranate, tea, lemon, honey, bitters. Ginger beer splash. Top soda. Stir once. Garnish with everything you have.

裝飾: Lemon wheel + mint sprig + pomegranate seeds if available

作用機制

The Protocol contains the broadest functional spectrum of any drink in this guide. Pomegranate delivers folate (methylation), resveratrol (COMT modulation), and punicalagins (cortisol reduction). Green tea delivers L-theanine (alpha-wave calm), EGCG (neuroprotective antioxidant), and catechins (gut microbiome support). Lemon delivers Vitamin C (dopamine synthesis cofactor). Honey delivers prebiotic oligosaccharides and quercetin. Bitters deliver gentian (adrenal modulation). Ginger beer delivers gingerols (gut integrity and anti-inflammation). This is the Recovery Kernel in beverage form.

酒吧備註

This is the house recommendation when someone doesn't know what they want and isn't looking for an explanation. 'We have something that covers everything — it's called The Protocol.' Then make it like you mean it.

□ Every protocol in the main book has a biochemical target. This drink hits more of them than any other combination available at a standard bar. It's the daily maintenance stack. It's good. Order it twice.